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MOLD ELIMINATION DIET DO NOT EAT THE FOLLOWING FOODS:

1. Cheese of all kinds, including cottage cheese
2. Mushrooms
3. Vinegar and vinegar containing food, such as mayonnaise and other salad dressings, catsup, chili sauce, pickled beets, relishes, green olives and mustard
4. Sour cream, sour milk, buttermilk, and yogurt
5. Alcoholic liquors, especially beer and wine
6. Soured breads, such as pumpernickel, coffee cakes and other foods made with large amounts of yeast
7. Sauerkraut
8. Cider and home made root beer
9. Pickled and smoked meats and fish including delicatessen food, sausages, frankfurters, corn beef, pickled tongue, ham and bacon
10. All dried fruits such as apricots, dates, prunes, figs, and raisins
11. Canned tomatoes unless home made
12. All canned juices
13. Eat only freshly opened canned foods and freshly prepared fruits
14. Do not eat meat over 24 hours old. Avoid foods made from leftovers such as meat loaf, hash, and croquettes. Avoid hamburgers unless made from freshly ground meat.
15. Avoid large amounts of sugar.

Warning: do not be surprised if you experience continued or increased symptoms during the first week to ten days of the mold elimination diet. This is a relatively common happening during the initial withdrawal phase. Weight loss can also be expected as this represents a significant change in your diet.